

How to Escape form the Western Diet*

(Adapted from *In Defense of Food: An eater's Manifesto* by Michael Pollan)

- Don't eat anything your great grandmother wouldn't recognize as food
- Shop the peripheries of the supermarket; avoid the center aisles
- Get out of the supermarket when possible (farmer's markets, CSAs, or your gardens)
- Avoid foods with ingredients 1) you can't pronounce 2) are more than 5 in number 3) unfamiliar or 4) include high fructose corn syrup
- Avoid products that make health claims
- Eat mostly plants, esp. leaves (antioxidants & Vitamin C – historical rationale)
- You are what what you eat eats too (what is your beef eating?)
- If you can, buy a freezer (buy in bulk, stock up in summer)
- Eat like an omnivore (increase the types of foods you eat – watch for the monopoly of corn and soy)
- Eat well-grown foods from healthy soils
- Eat wild foods when possible
- Be the *kind* of person to take supplements (health conscious, better educated, more affluent), then save your money and try to get all nutrients from your diet. Take a multivitamin if necessary
- Eat more like the French, or the Italians, or the Japanese, or the Indians, or the Greeks (culturally eating is rooted in nature and tradition pairings)
- Regard nontraditional foods with skepticism – watch and think about the lasted innovation
- Don't look for a magic bullet in a diet
- Have a glass of wine with dinner
- Pay more, eat less
- Eat meals (that require preparing)
- Eat meals at a table (a desk doesn't count)
- Don't get your fuel at the same place your car does
- Try not to eat alone
- Consult your gut (know when you are full – don't clean your plate)
- Eat slowly
- Cook, and if you can, plant a garden

*A Western Diet = highly processed foods, chemicals, cheap calories of sugar & fat, and a few staple crops (corn, wheat, & soy)



110 e. lake st., lake mills * 920-945-0660 * www.waterhousefoods.com * info@waterhousefoods.com

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